

Mona Ageing and Wellness Centre Newsletter

April – June 2020

MONAge News

Volume 3, Issue 2

A Word from Our Director

It feels like only yesterday that we welcomed the New Year 2020, yet here we are six months on. Over this time, we have witnessed high global mortality rates as a result of the COVID-19 pandemic, natural disasters and ongoing anxieties about the potential economic fall-out as a result of this pandemic. In the midst of these challenges however, a myriad of opportunities have emerged for entrepreneurship, volunteering, new research trajectories and the advancement of a digital society. Many of the resulting changes are new for some older adults and so the learning curve maybe steep. We encourage families to continue to use this time to build on intergenerational relationships. Be patient with your older family members and neighbours by taking the time to listen and respond appropriately to their cares and concerns. Some older adults may experience major anxieties and uncertainties, which should not be ignored. Families can have discussions on the concerns and identify collective solutions. Some parents may be extremely challenged with child-care responsibilities given the current back-to-work orders while schools and other child-care facilities remain closed. This challenge presents an opportunity to further engage older adult family/relative/friends in child-care responsibilities. We want to remind especially our older adults that we are not yet out of the woods with COVID-19. Continue to practice social distancing protocols, keep safe and informed!



On behalf of the Mona Ageing and Wellness Centre (MAWC) family, I acknowledge the lives and indelible contributions of the late **Hon Shahine Robinson**, former Minister of Labour and Social Security, **Mrs Sybil Francis**, former social worker extraordinaire and older persons' advocate and **Dr Neville Gallimore**, former politician and public servant. Min. Robinson was known for her compassion and caring nature and the Green Paper National Policy for Senior Citizens, 2018 was undertaken under her tenure. Mrs Francis' prolific career spanned 70+ years. She was a member of the Jamaican delegation that participated in the First and Second World Assembly on Ageing. She also impacted the lives of many persons working in the ageing sector. Dr Gallimore is remembered for his staunch advocacy and representation of the vulnerable poor and his passionate supervision of the Food Stamp Programme (the precursor to the Programme of Advancement through Health and Education). We salute these iconic Jamaicans for their indelible contributions to nation building.

Prof Denise Eldemire-Shearer, Director, Mona Ageing and Wellness Centre

Inside this Issue:

- Professionals in Ageing.....3
- Disaster Preparedness.....4
- Student Testimonial.....6

Cont'd Inside:

- Geriatrics and Gerontology Programmes...7
- A Snapshot on Elder Abuse.....8
- Research Corner.....9

Careers in Ageing Week

The Mona Ageing and Wellness Centre joined educational institutions and other organizations worldwide to celebrate Careers in Aging Week (CIAW), which was held on April 19-25, 2020. CIAW is hosted by The Gerontological Society of America and is celebrated in various ways across the world each year. The goal of the celebration is to bring "greater awareness and visibility to the wide-ranging career opportunities in the field of aging".

This year's celebration recognized the efforts of "researchers, educators, healthcare workers, caretakers and anyone else working directly with the COVID-19 pandemic". Data from across the world has been showing that older persons are at risk for severe illness if they contract COVID-19 due to weakened immune systems. Those with conditions such as respiratory illnesses, heart disease, diabetes, and hypertension are at further risk of poor health outcomes. Additionally, public health measures to limit the spread of the virus may disproportionately affect older persons by altering usual access to various formal and informal health and social services, and by increasing the risk of social isolation. Although there is more work to be done, older persons are benefitting from the work of various professionals who are committed to ensuring their wellbeing and make representation through the appropriate channels to offer solutions.

CIAW reminds us of the numerous career opportunities that population aging brings. We have witnessed a renewal of the entrepreneurial drive and the spirit of volunteerism to meet emerging needs. We salute everyone who is working to lessen the impact of the COVID-19 pandemic. We use this medium to turn the spotlight inward as we feature the work of our staff over the next few issues of MONAge.

MONAge News

Mona Ageing and Wellness Centre
The University of the West Indies, Mona
3 Gibraltar Camp Way, Kingston 7

Tel: (876) 970-6550

Email: ageingcentre@uwimona.edu.jm

Facebook: @uwimawc

Volume 3, Issue 2

April – June 2020

Editor-in-Chief/Lead Author:

Julian McKoy Davis, PhD.

julian.mckoydavis@uwimona.edu.jm

Editorial Team

Kayon Donaldson-Davis, MBBS

Kimberly Ashby-Mitchell, PhD.

Douladel Willie-Tyndale, PhD.

Letters to the Editor: We will publish letters to the editor in response to issues raised in the Newsletter. Please limit letters to no more than 250 words. Letters should include the writer's full name, address, and telephone number. Letters will be accepted at the discretion of the Editors and may be edited for clarity or space. Send letters to: julian.mckoydavis@uwimona.edu.jm with the subject title, **Letter to the Editor**.

MONAge News is published quarterly by Mona Ageing and Wellness Centre. Letters must be submitted by the first of the month prior to publication. Copyright © 2020 by Mona Ageing and Wellness Centre. Articles may be photocopied for educational purposes without permission. Please credit MONAge News.

Professionals in Ageing

Academic Staff:



Dr Kayon Donaldson-Davis, MBBS

1. Why did you enter the field of ageing?

Providing medical care for older persons came as a natural progression for me as I have been providing care for as long as I can remember. I can make a difference.

2. How relevant are ageing careers today?

As relevant as other careers! The general impression is one of hesitancy as immediately persons picture themselves at a bedside! However, careers in ageing span many disciplines.

3. How has working in the field of ageing impacted you?

I have been humbled by the experience. On a professional scale, work in ageing has been mainly gratifying as is my medical career overall. Nothing parallels being compensated in ground provisions and vegetables for simple interventions that require more compassion than prowess.

4. How can gerontologists contribute to the fight against COVID-19?

As Gerontologists, the fight must be to protect older persons from exposure to the virus and its associated hazards. This forces us to prioritize their physical, mental, economic and social protection coupled with optimism, reassurance and providing an ear and a voice at a time when distancing is a big part of the solution and the problem with COVID-19.

Administrative Staff:



Mrs. Paulette Bacchas, Research Secretary

1. Why did you enter the field of ageing?

I did not choose the field of ageing but it chose me. Ageing was something I knew little about. My involvement with ageing started when I was entrusted with the care

of my grandmother. At that time I just fuddled along with help from family members and friends along with advice from her doctors. In 2007 I was employed as a research secretary in the Department of Community Health and Psychiatry. In 2011 I was again employed as a research secretary in The Mona Ageing and Wellness Centre, but this time it was different. I was required to work in the field along with the Field Supervisor on a project dealing with the health and wellbeing of older adults.

[Continued on Page 5](#)

Disaster Preparedness and the Older Adult

By **Julian McKoy Davis, PhD.**

The Atlantic hurricane season is annually recognized as June-November. The National Oceanic and Atmospheric Administration (NOAA) in the United States of America has predicted an active 2020 Atlantic hurricane season to include 13 to 19 named storms, of which six to 10 could become hurricanes, including three to six major hurricanes (NOAA, 2020).

You may be thinking, so what? What's the big deal? This is nothing new. We've had other predictions of an active hurricane season in previous years.

COVID-19 is the game-changer! Our realities have changed resulting in the "erosion of our ability to prepare". It means that our preparation has to be aligned with COVID-19 protocols. The stay-at-home order that older adults are currently restricted to, limits the prospects of preparation for older adults. While this order may soon be lifted, physical distancing will still be encouraged and safety will remain a concern for some time in the near future. With the prediction of an active hurricane season comes the possibility of the increase in the number of cases of COVID-19 post-hurricane.

Preparation during the COVID-19 pandemic requires a collaborative approach like never before. Some older adults live alone, within households with other older adults (spouse and or relatives) and some in multigenerational households. Assistance will be required in securing medication and

stocks of food supplies and other basic necessities. One approach can be to add extra non-perishable items to your grocery list and start a stockpile of emergency items to reduce the pressure to purchase in the event of an emergency.

Take the time to assess your home. Do you have leaks? Will you require assistance with battening down? Do you have materials to batten down? The probability of a hurricane doesn't mean that we should stop practicing social distancing and sanitizing practices. In fact it means that we need to be more deliberate in our activities to minimize the possibility of having an upsurge in COVID-19 infections.

Secure important documents (passports, property titles, wills etc.) in safe plastic case and have readily accessible in the event that you need to evacuate urgently.

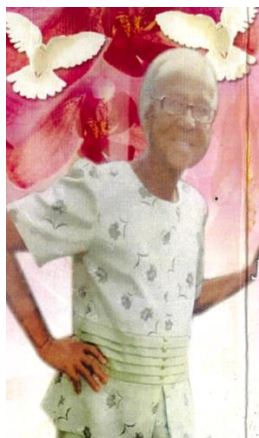
Ensure to stock up on water. This may mean checking water tanks to ensure that they are working properly and that there are no leaks.

Dengue may also be an important factor to consider during this time. Be vigilant to check that water containers around the yard are not becoming breeding sites for mosquitoes. While rain water harvesting and storing of water is important, ensure that the possibility of them becoming breeding sites for mosquitoes is minimized.

[Continued on Page 11](#)

Tribute to Ms Mavis Barton (February 12, 1929 – April 6, 2020)

By Mrs Shelly-Ann Matthews, Secretary & Gym Instructor



We honour a golden heart, Ms. Mavis Barton. She loved the Lord and spoke fondly of Him. She was the oldest member of the Mona Ageing and Wellness Centre's (MAWC) Gym where she was regarded as a 'mother' and 'grandmother' to the

other members. Ms Barton was very active. She walked approximately 3 km (return) from her community to the UWI Campus to visit the clinic and also to participate in the twice-weekly Gym programme offered by MAWC. She travelled by public transportation to Half Way Tree to

undertake her grocery shopping and/or collect medications every Thursday after gym. She was an avid member of the Starlight Senior Citizens Association. Although petite in stature, at age ninety one (91) Ms Barton lived a life filled with enthusiasm as she "*actively aged*".

She was and one of the most outgoing, punctual and dedicated Gym Members. During exercise sessions she was determined to apply the best of herself to the task at hand which would leave her colleagues in amazement. She often took on a challenge by saying, "I will try... I'm not giving up". She was loved dearly and will be greatly missed by all of us who knew her. Rest in perpetual peace, Ms Barton.

Professionals... cont'd from page 3

This was an eye opener as I interacted with the 'Gerontology Guru' Professor Denise Eldemire-Shearer who is passionate about the 'elderly' and the Chief Investigator, Dr. Kenneth James who loves people. This has propelled me to view older persons in a new light. Now I appreciate that older persons are individuals with their unique personalities, challenges and experiences.

2. How relevant are ageing careers today?

They are very relevant today as older adults deal with changes and challenges need to be understood, and some need to be taken care of. With training, individuals will be better equipped to understand the different changes older experience – physical, mental and emotional.

3. How has working in the field of ageing impacted you?

It has opened my eyes and makes me more aware of the challenges faced by our older persons; some are lonely, battling various chronic illnesses, have a lot of financial constraints to name a few. I am more empathetic towards them and am willing to assist them when possible.

4. How can gerontologists contribute to the fight against COVID-19?

They can work at the community level as well as the national level to educate older persons on the relevance of taking the necessary precaution, identifying the symptoms of the disease and offer any assistance they can provide in the fight against COVID-19.

If you are in Jamaica and are experiencing anxiety or stress because of concern over COVID-19, contact the Ministry of Health and Wellness' mental health line at 888 NEW LIFE (888-639-5433).

Student Corner: Testimonial

Master of Public Health Gerontology



My name is Orrisha Denbow-Burke. I am a medical doctor and I recently completed the Master of Public Health (MPH) with Gerontology specialization in November 2019.

Growing up with my grandparents in the serene hills of St. Lucia caused me to develop a special fondness for older persons. Later, I also experienced much joy when involved in the management of older persons throughout my career as a physician. I was eager to study the ageing process and explore solutions for the various problems faced by the elderly population, while improving their quality of life and life expectancy.

After becoming settled in my medical career, my husband encouraged me to pursue a Master of Public Health, and, to my surprise, while looking through the programmes offered I noted that there was a track that would not only allow me to read for the Masters, but also expose me to Gerontology. With great excitement and zeal, I embarked on my newfound scholarly pursuit. As with


many other precious undertakings in life, it was quite challenging at times: I was working full time as a medical officer, expecting my daughter and also doing this course full time. Needless to say, I was determined and gave it my best all the way to the confirmation of completion.

This MPH allowed me to be exposed to various issues affecting older persons and possible solutions that can be adapted to alleviate same. I particularly enjoyed courses like Management Issues in Day Care, Assisted Living and Long-Term Care, Fundamentals of Ageing and Communicating with Older Persons. These really touched on some core principles that are often overlooked in the elderly population. I have since employed many of these concepts in the health care management of older patients.

This programme has offered me a wide scope of knowledge about older persons that has set the base for a career in Ageing, one that I never imagined. I continue to be involved in research, health promotion and education of older persons. One of my long term goals is to be able to contribute to the development of policies that govern the well-being of older persons globally.

Dr. Orrisha Denbow-Burke currently works as a Quality Research Assistant, working alongside a Geriatrician. She also does senior sessions with older adults. To learn more about Dr Denbow-Burke, check her link at: <https://www.facebook.com/SNRSessions>


Gerontology & Geriatric Programmes



THE UNIVERSITY OF THE WEST INDIES, MONA CAMPUS
FACULTY OF MEDICAL SCIENCES
The Department of Community Health and Psychiatry
& Mona Ageing and Wellness Centre

Invite applications for the
**POST GRADUATE
DIPLOMA IN
GERONTOLOGY**

This post graduate diploma was developed to serve a currently unmet need among health professionals (doctors, nurses, physiotherapists and social workers) who hold a bachelor's degree and are currently working in ageing-related services, but require further training in Gerontology. The programme of study will allow students to explore the social, cultural, demographic and critical perspectives of ageing and their impact on older persons as well as the policy needs of older persons.



Special Features:

- Flexible hours: Evening and online classes
- Nine (9) month duration to facilitate the working students


Areas of Emphasis:

- Fundamentals and Clinical Aspects of Ageing
- Public Health and Ageing
- Environment and Ageing
- Management issues in Day-Care, Assisted-living & Longterm Care Facilities

The programme is open to persons who: Hold at least a bachelor's degree in a health-related field (medicine, nursing, sociology, social work, physiotherapy and other allied health areas), and are currently working in age-related services.

Applicants who are not graduates of UWI must request that their transcripts be forwarded directly to:
The Assistant Registrar, Office of Graduate Studies and Research,
UWI, Mona, Kingston 7, Jamaica.


APPLY AT: <http://www.uwimona.edu.jm/postgrad/prospectus.php>
For further information please contact:
Mrs. Douladel Willie-Tyndale at the Mona Ageing and Wellness Centre
Phone (876) 970-6550 or (876) 970-6837
Email: douladel.willie02@uwimona.edu.jm



THE UNIVERSITY OF THE WEST INDIES, MONA CAMPUS
FACULTY OF MEDICAL SCIENCES
The Department of Community Health and Psychiatry
& Mona Ageing and Wellness Centre

Invite applications for the
**MASTER OF PUBLIC
HEALTH GERONTOLOGY**

This 12-month Master of Public Health Gerontology programme will provide health professionals and others with a substantive foundation in public health and gerontology. The course will prepare students to analyze complex ageing-related issues, provide public health evidence-based solutions, and make a significant difference in improving the health and well-being of older persons.



Areas of Emphasis:

- **Core Master of Public Health courses**
 - Epidemiology
 - Research methods
 - Biostatistics
 - Management
- **Core Gerontology Courses**
 - Fundamentals and Clinical Aspects of Ageing
 - Environment and Ageing
 - Social Policy and Services for Older Persons
 - Mental Health Aspects of Ageing

Eligibility: The programme is open to persons who have an undergraduate qualification in health or social work and have two (2) years of relevant experience

Applicants who are not graduates of UWI must request that their transcripts be forwarded directly to:
The Assistant Registrar, Office of Graduate Studies and Research,
UWI, Mona, Kingston 7, Jamaica.

APPLY AT: <http://www.uwimona.edu.jm/postgrad/prospectus.php>
For further information please contact:
Mrs. Douladel Willie-Tyndale at the Mona Ageing and Wellness Centre
Phone (876) 970-6550 or (876) 970-6837
Email: douladel.willie02@uwimona.edu.jm

The Mona Ageing and Wellness Centre in Collaboration with the Department of Community Health and Psychiatry in the Faculty of Medical Sciences offers two graduate programmes in Gerontology: The Postgraduate Diploma in Gerontology and the Master of Public Health Gerontology. Additionally, we are pleased to announce the offering of **two new programmes**. (*We are still accepting applications*).

September 2020:

- (1) The *Patient Care Technician Certificate* will be offered in collaboration with the Strategic Management and Training Consultants Ltd. Career Institute (SMTCI). On successful completion of course, graduates will have access to overseas employment opportunities. **Males are particularly invited to apply**. For further details, contact Mr Rajieve Miller via telephone: 876-978-2276/8523 or WhatsApp: 876-868-6993.

January 2021:

- (2) *Postgraduate Diploma in Geriatrics* targets Medical Doctors. Contact us for more information. For further details, contact Programme Coordinator, Dr. Kayon Donaldson-Davis via email at kayon.donaldsondavis@uwimona.edu.jm.

A Snapshot on Elder Abuse

By **Dr. Orrisha Denbow-Burke, M.D, MPH-Gerontology**

June 15, 2020 was recognized by the United Nations as World Elder Abuse Awareness Day (WEAAD). Our former student, Dr Orrisha Denbow-Burke shares a feature story in recognition of WEAAD. The theme for this year was “*The impact of COVID-19 on violence, abuse and neglect of older persons*”.

Elder abuse refers to neglect and/or abuse of older persons. It often occurs within relationships where trust is expected and leads to harm and distress of the older person. Elder abuse can be physical, psychological, emotional/verbal, or financial, sexual harm or neglect. Most abusers are adult children, spouses and partners.

Current global estimates, based on the best available evidence, indicate an overall prevalence of elder abuse of 15.7%. The pooled prevalence for psychological abuse was 11.6%, financial abuse 6.8%, neglect 4.2%, sexual abuse 0.9% and physical abuse was 2.6% (Yon & Mikton, 2017). Many of these cases go unreported.

Risk factors for elder abuse may arise from changes associated with ageing, such as physical and cognitive impairments. Financial dependence, social isolation and lack of social support especially compounded by the COVID-19 pandemic are also significant risk factors.

According to HelpAge International (2020), “*Lockdown living conditions pose higher risks of violence, abuse and neglect of older people who live with family members or caregivers. Stress, anxiety, financial problems have increased due to the pandemic which further add to the risk of abuse.*”

Elder abuse has significant adverse impacts on the well-being of older persons. It may lead to injuries, anxiety, loneliness, lasting disabilities, worsened health conditions and loss of dignity, trust and hope. In fact, a 13- year follow-up study found that victims of elder abuse are twice more likely to die prematurely than people who are not victims of elder abuse

(Doug et al., 2009; Choi and Mayer, 2000; Lachs, Williams, O’Brien, Pillemer and Charlson, 1998).

Strategies to prevent elder abuse may involve mandatory reporting of abuse, public awareness campaigns, caregiver support interventions, self-help groups, helplines to provide information and screening of victims and abusers. We must all be mandatory reporters of elder abuse. It is everyone’s responsibility!



Research Corner:

Feature Article

Sinking teeth into dental health of older adults in Jamaica

Thompson, C., James, K., Holder-Nevins, D., Willie-Tyndale, D., Eldemire-Shearer, D. (2018). *West Indian Medical Journal*, 67 (5):480. DOI: 10.7727/wimj.2018.163



Summary:

Objectives:

To describe the prevalence of tooth loss, denture use and dental care utilization among older persons

by age, gender, union, residence, education, chronic illness and health insurance status and to identify independent predictors of dental service use and tooth loss.

Methods: A cross-sectional survey utilizing a nationally representative sample of 2943 older persons in Jamaica was conducted. Data related to tooth loss, dental care use and sociodemographic data were obtained. Relationships between variables were assessed in bivariate analyses and logistic regression models subsequently developed to identify predictors of tooth loss and dental care use.

Results: Tooth loss (any) prevalence was 94% and among those who reported tooth loss, 61.1% had dentures: the majority of those with dentures reported using them. Non-use was mainly related to damaged denture or discomfort. Only 35% of persons reported a dental visit within the last 12 months.

Common predictors for tooth loss and dental care visits within the last 12 months

were age, union status and educational level. For tooth loss, persons 60–69 years were 64% less likely to report tooth loss than persons > 80 years: persons in union were 32% less likely than those not in union, while those with primary education and secondary education were approximately, 2.5 and 2.0 times more likely to report tooth loss compared to those with post-secondary/tertiary level education. Within the last 12 months, the young old (60–69 years) were 1.9 times more likely to have had a dental check compared to the older persons (≥ 80 years) and persons in union were 1.3 times more likely to have had a dental check vis-à-vis those not in union. In the past year, respondents with primary level education were 59% less likely to have had a dental visit compared to those with post-secondary/tertiary level education. Females, urban dwelling residents and those with health insurance were 1.28, 1.49 and 1.52 times more likely to have had a dental check in the last year than their referent groups

Conclusion: Dental health issues are important in the care of older persons and assume increasing relevance given rapid ageing of the population. Jamaica must craft strategies to address emergent needs in its response to the challenges of oral healthcare for older persons.

Keywords: *Dental health, oral health, older persons, Jamaica*

Image credit: <https://www.drjteter.com/wp-content/uploads/2020/03/DrTerranceLJeterAssociates-539234365.jpg>

MAWC Visibility

Staff Publication

1. James, K., Thompson, C., Holder-Nevins, D., **Donaldson-Davis, K., Willie-Tyndale, D., McKoy Davis, J.**, Chin-Bailey, C., **Eldemire-Shearer, D.** (2020). Socio-demographic, Health and Functional Status Correlates of Caregiver Burden among Care Recipients Age 60 Years and Older in Jamaica. *Journal of Community Health*. DOI 10.1007/s10900-020-00865-1
2. Reid, S., **Donaldson-Davis, K., Willie-Tyndale, D.**, Thompson, C., Wharfe, G., Gibson, T., **Eldemire-Shearer, D.**, and James, K. (2020). Breast Cancer in Jamaica: Trends From 2010 to 2014—Is Mortality Increasing? *Journal of Clinical Oncology*, 6:837-843.
3. James, K., Thompson, C., Holder-Nevins, D., **Willie-Tyndale, D., McKoy Davis, J., & Eldemire-Shearer, D.** (2020). Caregivers of Older Persons in Jamaica: Characteristics, Burden, and Associated Factors. *Journal of Applied Gerontology*. <https://doi.org/10.1177/0733464819898315>

Feature Interviews/Keynote Address

Prof Denise Eldemire-Shearer

- Love 101 FM. April 26, 2020. Feature on Moment of Hope. *Seniors' Care - Dealing with Dementia during the COVID-19 crisis*.
- Panelist on CVM TV. April 22, 2020. *Protecting the vulnerable seniors with pre-existing conditions*.
https://www.youtube.com/watch?time_continue=11&v=TKBsT9YnkgM&feature=emb_logo
- Jamaica Observer. April 22, 2020. *Don't rush to put seniors in care facilities, specialist urges*.
http://www.jamaicaobserver.com/news/Don%26%238217;t_rush_to_put_seniors_in_care_facilities,_specialist_urges
- The Gleaner. April 20, 2020. *Give Gramps, Grannies Breathing Room*.
<http://jamaica-gleaner.com/article/lead-stories/20200420/eldemire-shearer-give-gramps-grannies-breathing-room>
- The University of the West Indies (UWI). April 19, 2020. *Protecting the vulnerable: Seniors and pre-existing conditions* at The UWI's Teleconference themed "COVID-19: Approaching Code Red".
<https://www.facebook.com/uwimawc/videos/166471961349953/>
- Jamaica Observer. April 11, 2020. Professor Eldemire-Shearer encourages seniors to protect themselves
http://www.jamaicaobserver.com/latestnews/Professor_Eldemire-Shearer_encourages_seniors_to_protect_themselves?profile=1228

Dr McKoy Davis

- Panelist on CVM TV. April 22, 2020. *Protecting the vulnerable seniors with pre-existing conditions*.
https://www.youtube.com/watch?time_continue=11&v=TKBsT9YnkgM&feature=emb_logo

Disaster prep cont'd from page 4

Stock up on flashlights and batteries and or candles and matches. It's important to have access to cash in the event of an emergency. Keep a personal bag with warm clothes, sheets/blankets in the event of an evacuation.

Some older adults have been firm about not evacuating in an emergency as they are concerned about the loss of their livestock and property among other things. We encourage you to be wise. Ensure that you assess the situation carefully before deciding against evacuation. In the event that you opt not

to evacuate, we recommend that you ensure that your environment is safe.

In the event of a hurricane or other major natural hazard it is recommended that livestock should not be restrained (tied-up). Instead, they should be unrestrained (loosed). This will allow the animal to be able to freely move about towards safety, which cannot be achieved when the animal is restrained.

Ensure that you keep in touch with your family and friends so that you know what is happening with them. Most importantly, keep informed.

Credits

Prepared by: Julian McKoy Davis, PhD.
Contributors: Prof Denise Eldemire-Shearer, Dr Orrisha Denbow-Burke, Dr Kayon Donaldson-Davis, Mrs Paulette Bacchas, Mrs Shelly-Ann Matthews and Julian McKoy Davis, PhD

About Us

The Mona Ageing and Wellness Centre (MAWC) is a specialized unit in The Office of the Principal of The University of The West Indies, Mona. MAWC's work is focused in four (4) priority areas of: Research, Training, Outreach and Policy Influence. Our mission is to improve the health and wellbeing of the older adult population nationally and regionally through novel ageing research, contribution to policy development, training and community outreach. For further information, kindly contact us at:

Mona Ageing and Wellness Centre, 3 Gibraltar Camp Way, the University of the West Indies, Mona Kingston 7, Jamaica W.I.



876-970-6635/6539



ageingcentre@uwimona.edu.im



www.facebook.com/uwimawc